

LIFE IS ABOUT TRADE-OFFS

Make some easy trade-offs — add more fruits & veggies to your day and see how affordable healthy eating can be!

Add **one** more serving of fruit daily, **50¢^a** per day, instead of:

One donut per day. **Save 50¢**

One Mocha Latte per week. **Save \$3.50**

Add **one** more serving of vegetables daily, **50¢** per day, instead of:

One can of soda per day. **Save 50¢**

One serving of meat per week. (Eat a meatless meal once a week instead.) **Save \$3.50**

One bag of chips per week. **Save \$3.50**

Add **two** more servings of fruit and/or vegetables daily, **\$1.00** per day, instead of:

Keeping the heat up all night in cold weather. (Lower temperature 10 degrees at night to reduce heat bill 5-15%^b.) **Save \$1.00 per day**

Drinking bottled water. (Drink tap water instead.) **Save \$1.00**

Going to the car wash. (Handwash your car instead.) **Save \$7.00**

Eating out once per week. **Save \$7.00**

One carton of ice cream per week. **Save \$7.00**

Driving 10 miles per day. **Save \$7.00 in gas per week**

Add **4** servings of fruits & vegetables daily, **\$2.00** per day, instead of:

Ordering beverages when eating out. (Drink water instead.) **Save \$2.00**

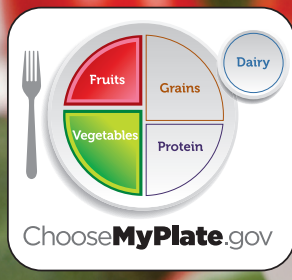
Purchasing coffee at a coffee shop. (Brew your own coffee at home instead.) **Save \$2.00**

Going to a prime time movie showing. (Go to the reduced price matinee instead.) **Save \$3.00**

Purchasing lunch at a restaurant. (Pack your own lunch instead.) **Save \$5.00**

Smoking two packs of cigarettes per week. **Save \$10.00**

Eating family dinner out twice per month. **Save \$60.00**



a. Stewart, Hayden, Jeffrey Hyman, Jean C. Buzby, Elizabeth Frazão, and Andrea Carlson. *How Much Do Fruits and Vegetables Cost?* EIB-71, U.S. Department of Agriculture, Economic Research Service. Feb. 2011. Found at: <http://www.ers.usda.gov/Publications/EIB71/EIB71.pdf>

Note: The authors of this study concluded that it is possible to meet the recommendation to eat 4½ cups of fruits and vegetables per day at a cost of \$2.00-\$2.50 per day or 50 cents per cup.

b. http://www.energysavers.gov/your_home/space_heating_cooling/index.cfm/mytopic=12720